MENTAL
HEALTH
GYM

Overcoming Fear of Death

GAMIFIED SIMULATION

★★★★★

"BASED ON VEDIC & ADVAITA PSYCHOLOGY"

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BRAIN POWERED BY A SOUL?
WHAT IS MY IDENTITY?
WHAT IS MY PURPOSE?
IS DEATH A DOORWAY?
CHECK THIS ARTIFICIAL REALITY AS AN
OBSERVER
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FEAR OF DEATH

A NARRATIVE-DRIVEN, SINGLE-PLAYER ADVENTURE.

"BASED ON VEDIC &
ADVAITA PSYCHOLOGY"

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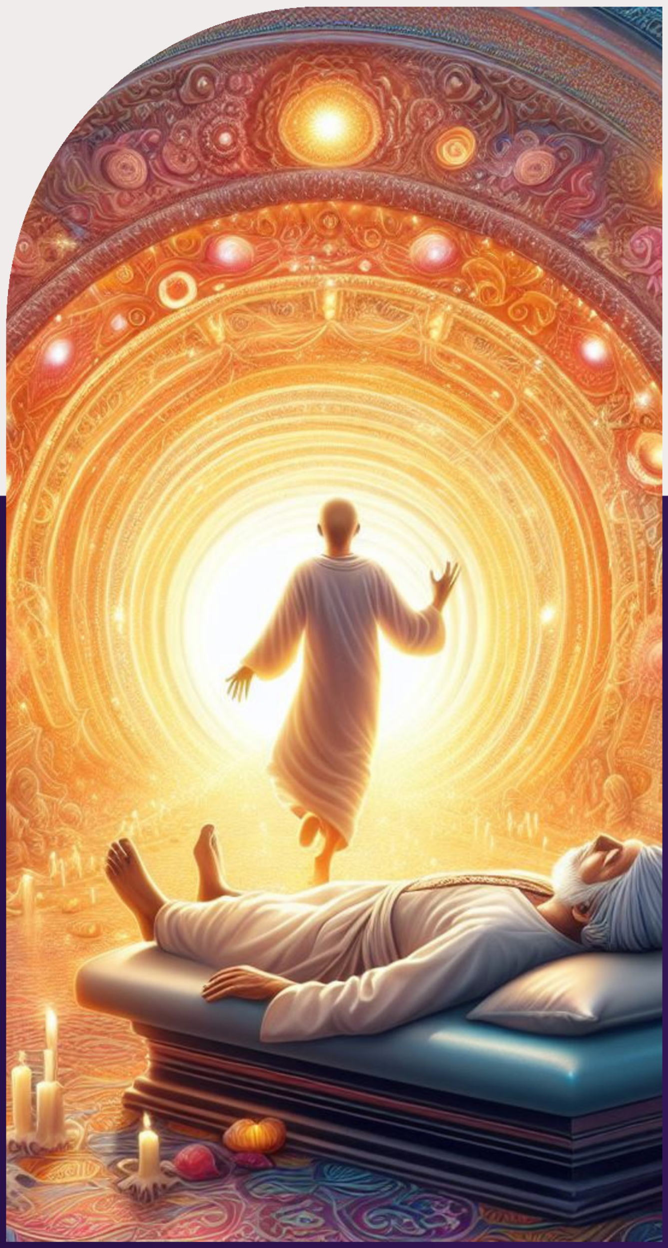
FEAR OF DEATH



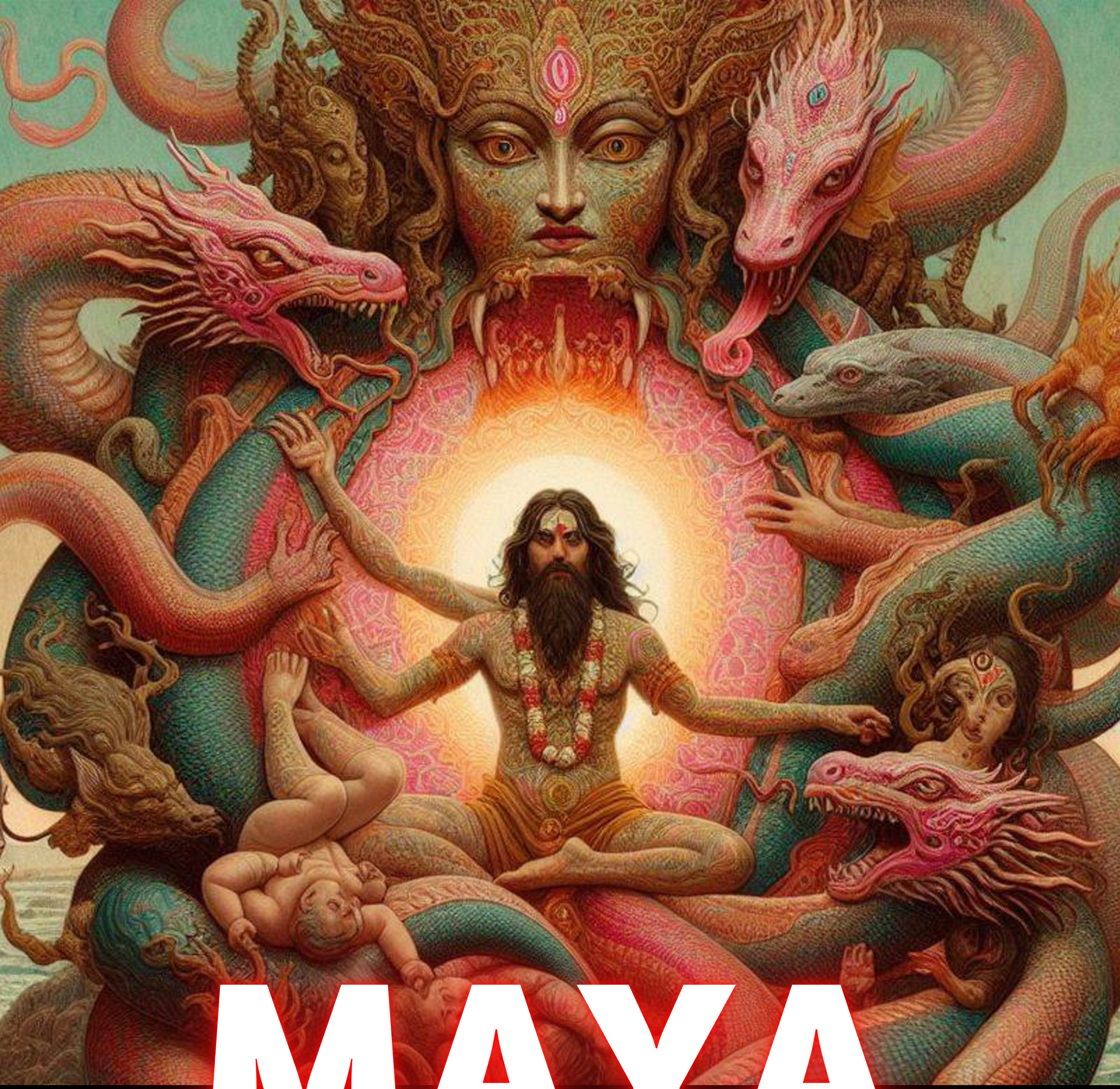
SPIRITUAL THERAPY PLATFORM

"YOU ARE LIVING IN A WORLD WHICH IS A PLAYZONE OF ILLUSIONS - FULL OF FALSE PATHS & SHADY IDEAS"

YOU ARE NOT PART OF THIS WORLD

STORY COMPONENTS

FEAR OF DEATH



MAYA

EVERYTHING IN THIS WORLD IS CONTROLLED BY MAYA. MAYA IS OFTEN TRANSLATED AS A COSMIC ILLUSION. THIS UNIVERSE IS NOT THE ULTIMATE REALITY BUT RATHER A TEMPORARY AND DECEPTIVE MANIFESTATION.

THE TRUE NATURE OF THIS REALITY IS BEYOND OUR ORDINARY PERCEPTIONS. THIS IS OFTEN REFERRED TO AS BRAHMAN, AN INFINITE, FORMLESS, AND TRANSCENDENT REALITY.

DIVINE PLAY

THIS UNIVERSE, IS A DIVINE PLAY. ALL INDIVIDUALS ARE SEEN AS ACTORS AND THEIR EXPERIENCES, IN THIS REALITY, IS PART, OF THE UNFOLDING DRAMA.

The original idea, is not to detach oneself, entirely from the world, but to recognize, that the material world, is transitory, and that the pursuit, of spiritual understanding, and realization, of one's true nature, is the ultimate goal.

GO BEYOND, THE SURFACE LEVEL OF MATERIAL EXISTENCE, QUESTION **THE NATURE OF REALITY**, AND SEEK SPIRITUAL WISDOM.

Vedic & Advaita Psychology describe the true nature, of this world as an illusory manifestation, A dream-like state.

BRAHMAN

BRAHMAN, IS THE ONLY TRUTH. THIS WORLD IS AN ILLUSION AND THERE IS ULTIMATELY NO DIFFERENCE BETWEEN THE INDIVIDUAL SOUL AND BRAHMAN (UNIVERSAL BRAIN).

HUMAN NEVER TRY TO

TRULY UNDERSTAND

THE TRUE NATURE OF SELF AND THIS REALITY CALLED LIFE.

REAL YOU

The real you, is an intelligent brain powered by a soul which resides, within an organic body.

FEAR OF DEATH

INTELLIGENT BRAIN

As a brain, you are simulating, within a massive intelligent simulation, called Life, which is managed, by invisible illusion power called MAYA.

IT IS TOLD THAT, MATERIAL WORLD IS ILLUSORY, OR DECEPTIVE.

REALITY

Maya hides the true nature of reality, making it challenging for individuals to see beyond the surface of appearances and understand the ultimate truth. Human perception is limited. The physical senses and the mind are seen as tools that can be easily influenced and deceived. As a result, individuals may be unable to perceive the deeper, subtler aspects of reality and the true nature of the self.

IT IS TOLD THAT, MATERIAL WORLD IS ILLUSORY, OR DECEPTIVE.

ILLUSION

You and everything around you is controlled, by Maya. Maya originally denoted, the power with which the ultimate creator make human beings believe in what turns out, to be an illusion. It is an illusion where things appear to be present but are not what they seem. Maya is the powerful force that creates the cosmic illusion that the phenomenal world is real. This, is considered, an illusion.

NATURE OF REALITY

IMPERMANENCE

NOTHING IS PERMANENT

Nothing in this world is permanent. Massive desserts will transform into great cities within few hundred or thousand years. Cities will be destroyed and transform into forests in the future. Great rivers may take birth from mountains and flow across earth. Things keep changing with time. Nothing in this world is permanent. Nothing exists forever. All phenomena in the world are transient subject to change and impermanence.

ANITYA

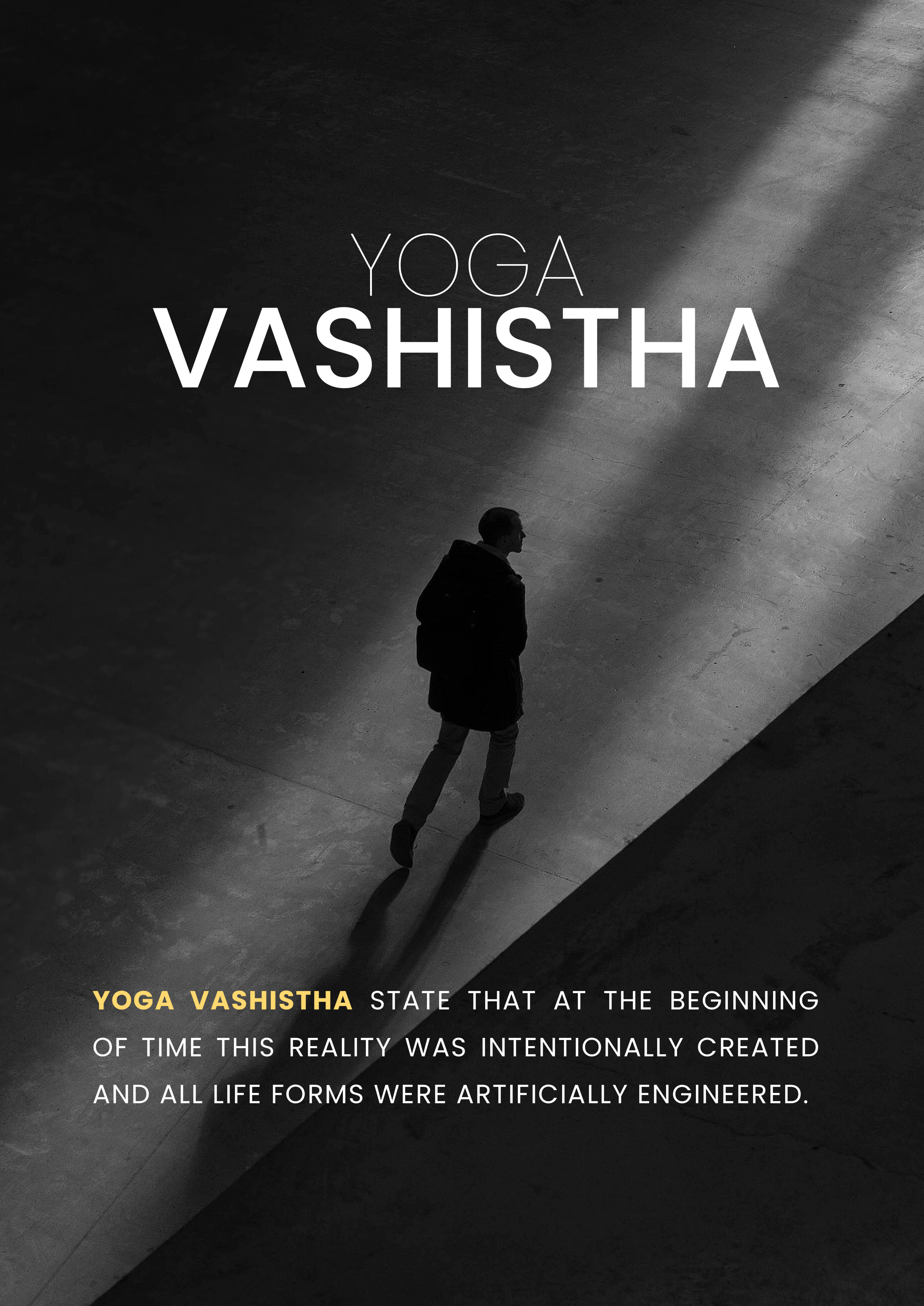
IMPERMANENCE

Hinduism recognizes the concept of Anitya, which translates to impermanence. It asserts that everything in the material world is subject to change, decay, and eventual dissolution. This includes physical objects, experiences, relationships, and even life itself. This law of impermanence is considered a fundamental characteristic of the material world.

FEAR OF DEATH

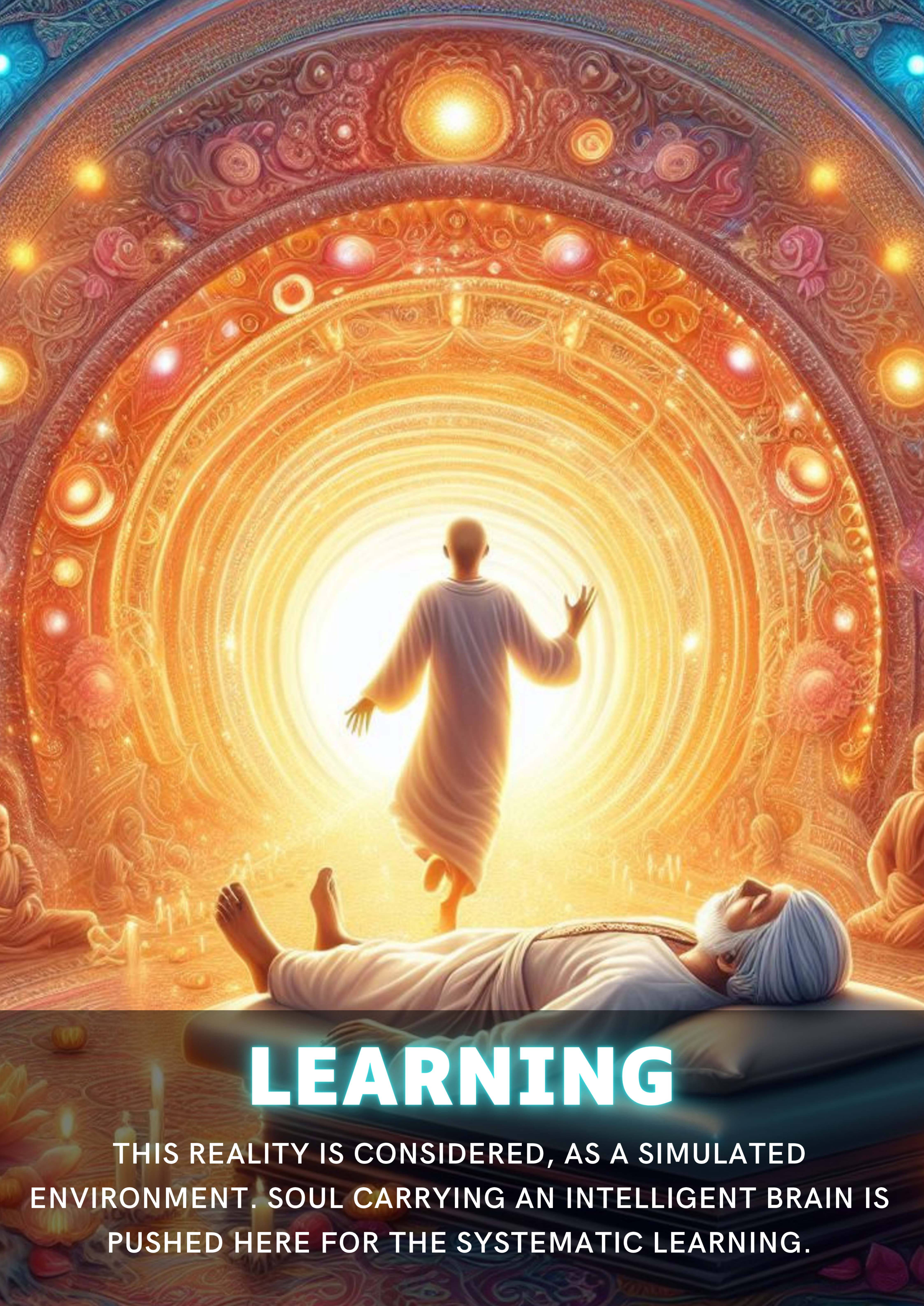
VEDIC & ADVAITA PSYCHOLOGY

THIS WORLD IS MADE, SO ONE CAN EXPERIENCE AND LEARN THE CONCEPT OF ENJOYMENT WITHIN HEART AND THE BRAIN. EVERYTHING YOU SEE AND EXPERIENCE HERE IS PART OF GREAT ILLUSION. THEY ARE NOT WHAT THEY ARE SEEMED TO BE.



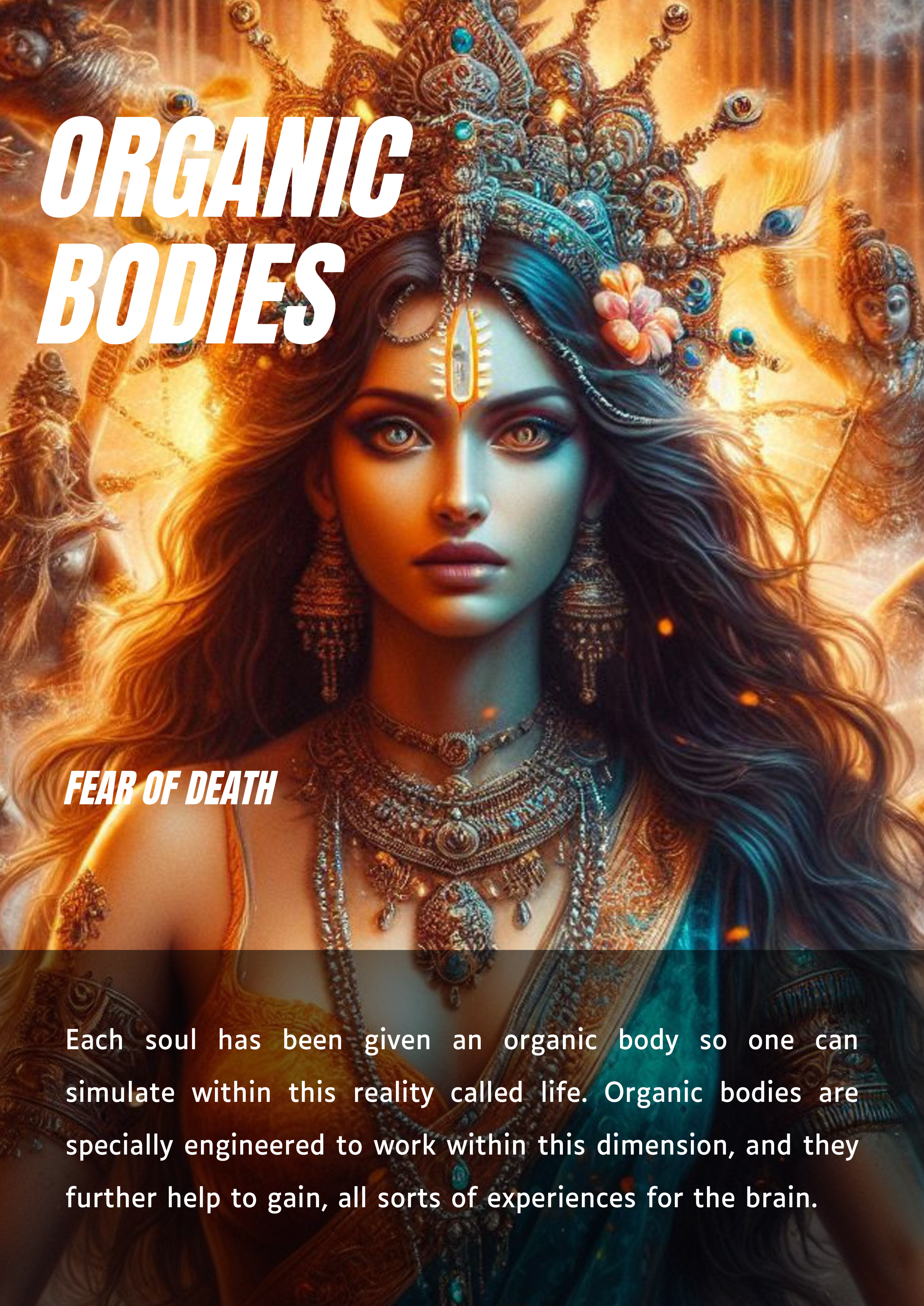
YOGA VASHISTHA

YOGA VASHISTHA STATE THAT AT THE BEGINNING OF TIME THIS REALITY WAS INTENTIONALLY CREATED AND ALL LIFE FORMS WERE ARTIFICIALLY ENGINEERED.



LEARNING

THIS REALITY IS CONSIDERED, AS A SIMULATED ENVIRONMENT. SOUL CARRYING AN INTELLIGENT BRAIN IS PUSHED HERE FOR THE SYSTEMATIC LEARNING.



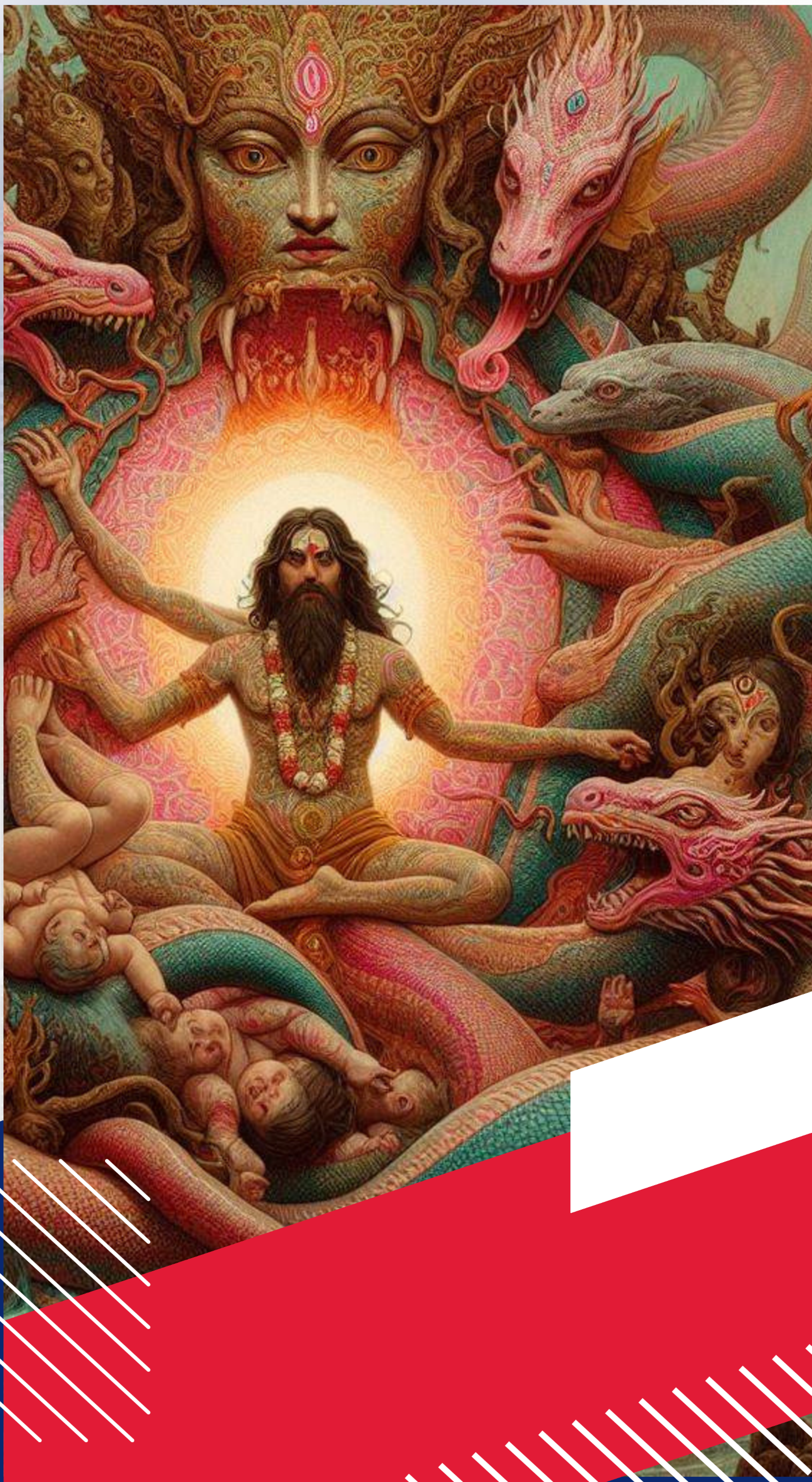
ORGANIC BODIES

FEAR OF DEATH

Each soul has been given an organic body so one can simulate within this reality called life. Organic bodies are specially engineered to work within this dimension, and they further help to gain, all sorts of experiences for the brain.

VEDIC LITERATURE STATE

EVERYTHING IN THIS REALITY IS MADE OF 5 ELEMENTS.



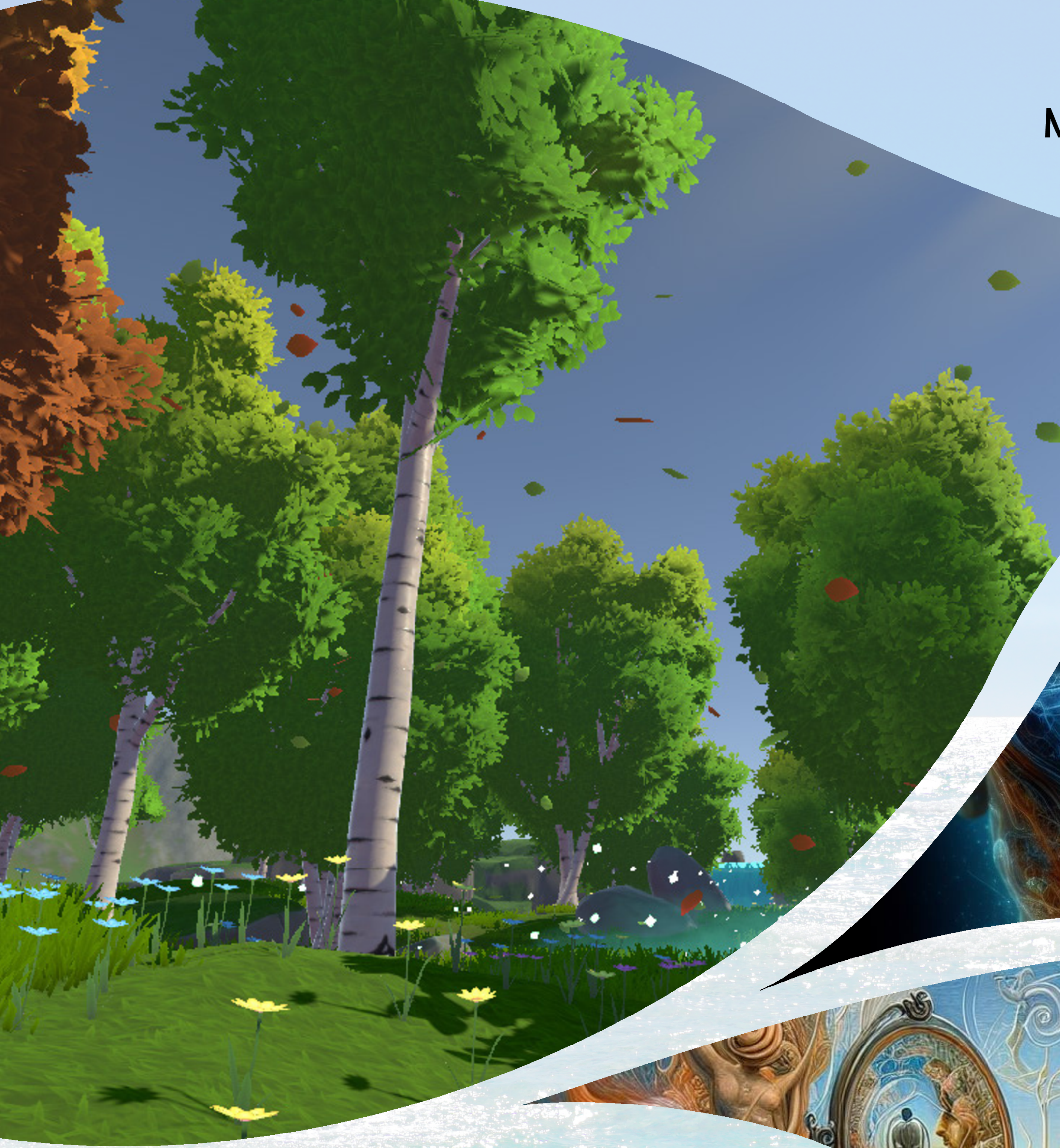
SOUL POWERED BY A BRAIN

ORIGINALLY CAME FROM THE REALITY WHICH IS NOT MADE OF 5 ELEMENTS.

HENCE YOU CAN'T

Carry anything which is made of 5 elements from this reality to the reality where real you the brain powered by soul originally came from.

MENTAL HEALTH GYM



As a brain powered by a

SOUL

You will carry everything which is not made of 5 elements packed in the brain such as your thoughts, learning, and all experiences you gained, during lifetime.

You are pushed to this universe for one purpose, Learning.

You ultimately born, as a human, not to be born again.

DEATH
IS A DOOR WAY

DEATH ALLOWS YOU TO MOVE INTO ANOTHER REALM OF EXISTENCE. FACING REALITY OF DEATH CAN LEAD TO A MORE MEANINGFUL AND PRESENT-MOMENT EXISTENCE.

DEATH IS NOT THE END BUT RATHER A TRANSITION FROM ONE STATE OF EXISTENCE TO ANOTHER.

MENTAL HEALTH GYM

LIFE & DEATH

Brain powered by soul

Brain powered by soul is beyond birth and death, and the physical body is like a temporary dwelling for the eternal consciousness.

Cycle

of Life & Death

By transcending attachment to the physical body and recognizing the impermanence of the material world one can attain a state of liberation where the cycle of birth and death is transcended. As a brain powered by a soul, if you finish your learning in this reality called life, you move on. If not then you are coming back to this world to start again. There is no shot cut.

“EXPERIENCES AT DEATH DEPENDING ON ONE'S LEVEL OF CONSCIOUSNESS AND ATTACHMENTS”

DEATH, AS WE PERCEIVE IT, IS AN ILLUSION ARISING FROM OUR IDENTIFICATION WITH THE PHYSICAL BODY AND THE LIMITED MIND. DEATH IS NOT AN END OF ANY KIND, BUT A TRANSITION A SHEDDING OF THE WORN-OUT GARMENT OF THE BODY. EXPERIENCES AT DEATH DEPENDING ON ONE'S LEVEL OF CONSCIOUSNESS AND ATTACHMENTS ARE DIFFERENT. FOR THOSE IDENTIFIED WITH THE BODY AND DESIRES, DEATH MAY APPEAR PAINFUL AND FRIGHTENING, LEADING TO REBIRTH IN ANOTHER MATERIAL REALM.

FEAR OF DEATH

FOR THOSE WITH HIGHER UNDERSTANDING, DEATH WILL BE EASY QUICK AND CAN BE PEACEFUL LEADING TO DISSOLUTION INTO BRAHMAN. BY REALIZING THE TRUE NATURE OF THE SELF AND DETACHING FROM WORLDLY ATTACHMENTS ONE CAN EXPERIENCE FREEDOM FROM THE FEAR OF DEATH.

LIVING BEING

EXPERIENCES EVERYTHING

FROM BIRTH TO DEATH IN THE MIND. HE ALSO EXPERIENCE HIS AFTERLIFE JOURNEY WITHIN THAT MIND ONLY. THE MIND ALONE IS THE CREATOR OF THE WORLD. THE MIND ALONE IS THE SUPREME PERSON.

IMAGINATION OF THE MIND

THIS ENTIRE WORLD WHICH APPEARS LIKE AN ARTIFICIAL DISGUISE IS JUST AN IMAGINATION OF THE MIND AND THAT MIND IS ALSO THE SUBJECT OF RATIONAL KNOWLEDGE. LIKE A MIRAGE. THE ENCHANTED DEER WANDER LONG DISTANCES IN THE FOREST, STILL FINDING NOTHING. IN THE SAME WAY WE SPEND A LOT OF TIME HERE AND THERE IN THIS WORLD CONSIDERING FALSE THINGS AS MEANS OF HAPPINESS. WE WANDER BUT DON'T FIND ANYTHING. LIKE HUMAN ACCIDENTALLY IMAGINE DIFFERENT COLOURS AND SHADES IN SKY, SIMILARLY BRAINS ARE IMAGINING THIS REALITY WITHIN BRAHMA. NOTHING EXIST EXCEPT BRAHMA. WORLD WE PERCEIVE IS ULTIMATELY ILLUSORY OR MAYA.

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